

Cognitive Coping: Introducing and Practicing



STEPS
SUPERVISION TO ENHANCE
PRACTICE STUDY | WASHINGTON

BEHAVIORAL REHEARSAL GUIDELINES

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Remember approximately 5-10 minutes. Do not review the goals of the behavioral rehearsal task. This is meant to provide an estimate of clinician fidelity for this component. Do not interrupt the therapists rehearsing to provide feedback. After the rehearsal, provide feedback on strengths and needed improvements.

CHOICE

The therapist can practice with either the child or caregiver. Choose based on either a) your experience with the clinician's skill or b) clinician's thoughts about which behavioral rehearsal would be most helpful to practice in advance of the next session.

PROMPT FOR THERAPIST

Please show me how you would introduce the concept of Cognitive Coping and apply it to a situation relevant to the [CHILD/CAREGIVER].

SUPERVISOR INSTRUCTIONS

You will play the child or caregiver. During this role-play the therapist may ask you (as the client) to identify a situation from your experience in which to apply cognitive coping. If asked, be willing to describe a situation that is currently distressing for you (as the child or caregiver).

EXPECTATIONS

- * Introduces/uses **cognitive triangle drawing or other diagram/figure** to illustrate link between thoughts, feelings and behaviors
- * Uses an **example situation** to illustrate how **different thoughts about the same situation** (e.g., situation and thought are different) can result in different feelings and behaviors
- * **Elicits a situation and the thought(s)** about the situation from client's own experience, and helps client develop a new thought
 - Children, focus on cognitive coping with day-to-day (ideally not trauma-related) situations/thoughts (e.g., fight with a friend, exam)
 - Caregivers, can focus on day-to-day or trauma-related situations/thoughts
- Elicits from the child/caregiver how the **new thought(s) would change the feeling and behavior** on the triangle (or other diagram)

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| FEEDBACK | |
|---|--|
| Strengths (Adherence & Skill) | |
| Areas to Improve (Adherence & Skill) | |

OTHER TOPICS OR COMMON CHALLENGES YOU MIGHT WANT TO DISCUSS WITH THE CLINICIAN...

- Planning to introduce in a developmentally appropriate and engaging way
- Homework to encourage out of session use of cognitive coping skills (identify barriers, facilitators)
- Make sure child/parent understands that even if the situation doesn't change, changing the thought(s) changes the feelings
- Plan for teaching the skill to caregiver/child (whichever was not covered in the role-play)